

Powerful Women

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: High Beginner
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音乐: Powerful Women - Pitbull & Dolly Parton



16 Count Intro

No Tags or Restarts

WALK R-L, FWD MAMBO, WALK BACK L-R, L COASTER

1-2 Walk forward right, left
3&4 Step right forward, recover weight on left, return right next to left
5-6 Walk backward left, right
7&8 Step back on left, step right next to left, step forward on left

R CORNER STEP, L CORNER STEP, BACK R-L, R COASTER

1-2 Step right to right front corner, tap left toe by right
3-4 Step left to left corner, tap right toe by left
5-6 Walk back right, left
7&8 Step back on right, step left next to right, step forward on right

SHUFFLE FORWARD L, ¼ RIGHT SHUFFLE R, WALK L-R IN ½ TURN ARC TO RIGHT, LEFT SHUFFLE

1&2 Shuffle forward left (step left forward, slide right to instep of left, step forward left)
3&4 Turn ¼ turn R as you shuffle right (step right forward, slide left, step forward right)
5-6 Turn ¼ turn R as you step forward L, turn ¼ turn R as you step forward R*
7&8 Shuffle forward on left

***This should be an arcing ½ turn movement ending with the last shuffle, not a stiff ¼ ¼ turn.**

SUGAR FOOT (2X), HEEL SWITCHES, STEP ½ TURN L

1&2 Tap right toe next to left toe, tap right heel next left toe, step forward on R
3&4 Tap left toe next to right toe, tap left heel next right toe, step forward on L
5&6& Touch right heel forward, close R next to L, touch left heel forward, close L next to R
7-8 Step R forward, turn ½ turn L recovering weight on L

REPEAT

Last Update - 2 Apr. 2024 - R1